## JUST FOR THE FUN (AND HEALING!) OF IT: RESOURCE GUIDE

## APPS FOR ENTERTAINMENT



- Books and Reading: Try Kindle or iBooks. Tip: Read a "sample" of the book before purchasing.
- Music: Spotify, Pandora, Apple
   Music. Tip: Many are free to use, but
   you can pay a fee if you want a
   customized playlist or to avoid
   commercials.
- Movies or TV Shows: Netflix, Hulu, Amazon Prime Video. Tip: Many offer a free trial period, so you can see if you like the service.
- Podcasts: Podcast app (iPhone) or Google Podcasts (Android). Tip: Subscribe to podcasts and new episodes will be downloaded automatically.

Important Reminder: If you choose a free trial, you will be asked to enter your credit card information. If you forget to cancel, you will be charged the subscription fee.

## ACCESSING PODCASTS, STEP-BY-STEP



- Open the podcast app and click on the magnifying glass to access the search page.
- 2. Type in the name of the podcast or subject you are interested in.
- 3. Click the podcast you want to try from the search results and tap on it. This should take you to the podcast's home page.
- 4.On the home page, you'll see a list of recent episodes; click an episode to begin listening.
- 5.If you like the podcast, click the subscribe button, and the app will automatically download the latest episodes to your device.

## **KEY GLOSSARY TERMS**



- eBook: These reading apps turn your device into a virtual bookstore, allowing you to search for, download, and read books from your device.
- **Podcast**: Similar to talk radio, a podcast is simply a recorded audio program that you can listen to whenever you like.
- Streaming Service: Using an Internet connection, streaming services allow you to access media (music, movies, television shows) on demand.



